

Greater Nashua Public Health Network, Quarterly Update

(November, 2014- January, 2015)
January 2015 - Issue 6



This newsletter is a publication of the Greater Nashua Public Health Network. There are five programs that serve this area that will be highlighted each quarter, including, the Public Health Advisory Council (PHAC), Emergency Preparedness (EP), Substance Misuse Prevention (SMP), the Community Health Improvement Program (CHIP) and Healthy Homes.

Meet Our Team:

Jackie Aguilar, BSN, RN Community Health Department Manager

"I have a passion for public health. What can I say?" Jackie Aguilar said, her infectious laugh filled my office as we sat for our interview. As we spoke, it became clear that this simple statement was, in fact, exactly what had led to her being the new Community Health Department Manager at DPHCS.

Prior to starting her position at DPHCS in September 2014, Jackie worked at the Greater Lawrence Family Health Center (GLFHC) in Lawrence, MA. In 2014, the Health Center provided care to over 54,000 patients. Jackie joined GLFHC as their Infection Control Manager. In this position she was responsible for immunization program management and their occupational health program. While there, she launched an initiative to provide training to physicians on treating patients with TB that is still being implemented. Jackie's most recent position at the GLFHC was as the Nurse Case Manager for breast health at the *New Balance Foundation Imaging Center*.



It was Jackie's passion for working with communicable diseases and infection control, and her desire to take on a broader range of public health, that led to her considering the move to DPHCS. As the Community Health Department Manager, Jackie wants to bring the program's services to those that need them within the City of Nashua as well as the Greater Nashua Public Health Region.

Her goals are to make more of an impact on our community and its residents by expanding outreach to the region, increasing immunization rates, increasing partnerships with non-public schools and gaining access to our area's more vulnerable residents. "I love kids! That is something I want people to know about me. I love helping children be healthy through prevention and education."

Jackie shared her personal experience and understanding when it comes to resilience and vulnerable populations. When she was 16 years old, Jackie emigrated from Nicaragua to the United States. She was sent alone by her father to escape Civil War. Upon her arrival, she had to learn a new language, culture and way of life. While in Nicaragua, Jackie survived the earthquake of 1972 that struck the capital. An estimated 6,000 people died and another 15,000 were injured. The earthquake left 325,000 residents displaced and it destroyed three-quarters of the city. Fires burned for days because the city's firefighting equipment was destroyed. The hospitals were devastated. Survivors faced famine, disease and the daunting task of rebuilding the city. Jackie says to me "Resilience is so important," shaking her head. "That is why I love emergency preparedness. You can never be too prepared for something."

Aside from taking on a new position in a new region, Jackie still finds time to feed her passion for public health in new ways. She's currently returned to school to pursue her Master's degree in Public Health. Again, she smiles and laughs, "What can I say? I love Public Health!"

Emergency Preparedness: Shelter Surveillance

Conducting health surveillance during an emergency or disaster provides essential information on the health of residents as well as important information for emergency management and public health professionals. During the activation of an emergency shelter, health surveillance monitors the residents staying in the shelters for outbreaks and injuries as well as the need for behavioral health and chronic disease management resources. In previous disasters such as Hurricane Sandy, shelter surveillance was used successfully to monitor the health of residents in the shelter and identified outbreaks, such as norovirus, which allowed public health professionals to implement measures to stop the outbreak. In December 2012, the City of Nashua, NH Division of Public Health and Community Services

and the New Hampshire Department of Health and Human Services convened a Shelter Surveillance Work Group to develop guidance and protocols for conducting health surveillance in emergency shelters. Forms from CDC and guidance from the Association for Professionals in Infection Control and Epidemiology were adapted and used as the



foundation for developing the state guidance. Additionally, the guidance includes resources for infection prevention and control in shelters. In the Greater Nashua

Public Health Region, the DPHCS will work with emergency shelters to conduct surveillance by sending support via phone, email or in-person. Staff at the Division have been trained to conduct surveillance and we recently piloted the forms during the winter storm over Thanksgiving 2014. We are also working with the Medical Reserve Corps in NH to train them on conducting shelter surveillance during disasters. As of January 2015, over 100 volunteers have been trained.

For more information on shelter surveillance in the region and to review the regional plan, visit <https://sites.google.com/site/greaternashuapublichealth/tool-kits-education/shelter-surveillance>. You can also contact Ashley Conley at conleya@nashuanh.gov.

Training and Presentations

The City of Nashua Division of Public Health and Community Services has the ability to provide trainings, presentations, and webinars. Trainings can be conducted at the Division of Public Health and Community Services, at your organization, conference, or online. Our trainings and presentations can be adaptable to most audiences and if you don't see a training that fits your needs, we are happy to work with you.

Click Here for a List of Trainings Offered:

<http://bit.ly/DPHCSTrainings>

To schedule a presentation or for more information, contact Melissa Schoemmell at schoemmellm@nashuanh.gov, 603.589.4543



New Hampshire
Public Health Association

The New Hampshire Public Health Association (NHPHA) supports science based public health policy and has a goal of informing citizenry of changes needed in the laws and government in order to improve public health. They track bills and attend hearings on public health issues.

To check the status of NHPHA's position on current NH bills or to subscribe to the "Health in All Policies" E-News, check out their website:

<http://nhpha.org/advocacy/current-activities/bill-tracking>

Community Health Improvement Plan (CHIP)

Access to Healthcare

Thanks to the collaborative efforts of CHIP Access to Healthcare workgroup organizations, the Nashua region is creating a professional video series designed to assist community members in developing personal advocacy skills for accessing, using and understanding healthcare systems.

others who will be sharing tips, strategies and resources on health related topics. When complete, the workgroup will be distributing DVDs and organizing ten regional screenings of the series at libraries, supportive service agencies and locations where community members go for information.

“My Health. My Care”

Video Series

My Health: Understanding Insurance, Appointments and Billing

My Health: Communicating with Healthcare Professionals

My Health: Learning the Basics

My Health: Staying Healthy

In early February, Anchorline video production company will be filming local physicians, nurses, hygienists, pharmacists, Marketplace navigators, librarians and

If you would like a copy of the video, or are interested in hosting a screening, please contact Beverly Doolan at: doolanb@nashuanh.gov

Planning for CHIP 2015-2018

In addition to the current initiatives being implemented by the CHIP workgroups, the Public Health Advisory Council (PHAC) is currently engaged in planning for the next improvement cycle and determining what issues will be priority for our community in the 2015-2018 plans. As part of this process, the PHAC Executive Committee met in December 2014 and reviewed the recently published Community Health

Assessment data. They reviewed and ranked the health issues by considering the burden and prevalence of the problem in the community as well as the resources available and short/long term benefits of addressing the issue. The PHAC prioritized the issues of behavioral health, obesity and chronic diseases and access to healthcare. These, along with emergency preparedness, will be the focus of the 2015-2018 plans.

Public Health Advisory Council

The Greater Nashua Public Health Advisory Council (PHAC) is a network of organizations and individuals that work together to improve the health of the region and its residents. All members of the CHIP workgroups participate in this network, ensuring a broad representation of community partners. As a first step in branding the PHAC efforts, the group worked with the Greater Nashua Mental Health Center's Simply Signs to design a logo that would represent the “Greater Nashua, Greater Health” focus of the PHAC. The logo will identify the region's shared efforts in community health assessment and improvement, emergency preparedness, behavioral health and other public health initiatives. All organizations in the PHAC will be encouraged to display this logo along with their own to signify their collaboration and support for programs, policies, initiatives and environmental strategies related to public health.



Greater Nashua • Greater Health

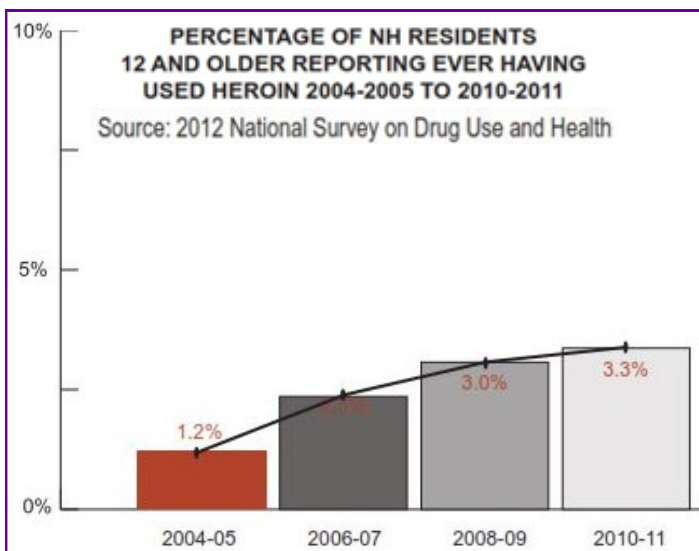
Substance Misuse and Prevention

Heroin use is currently a major concern in New Hampshire for many reasons, the main reason being the increase from 37 deaths in 2012 to 70 deaths in 2013; an 84% increase in deaths attributed to heroin overdoses in one year. Heroin use is of concern for Greater Nashua because the greatest number of heroin overdoses in New Hampshire, has occurred in Hillsboro County and the numbers have increased since 2010; 19 in 2013 from 9 in 2010 (NH Medical Examiner's Office). According to the 2012 National Survey on Drug Use and Health the percentage of NH residents using Heroin rose to 3.3% 2010-11 from 1.2% in 2004-05. In New Hampshire the number of drug related deaths since 2009 has surpassed the number of traffic related deaths in the State. Out of all drug overdoses in the State, 36% are attributed to Her-

oin (NH Medical Examiner's Office). According to the NH DHHS Bureau of Infectious Disease Control and Surveillance Section the number of emergency room visits related to Heroin use rose to 224 in 2013 from 106 in 2012. For more information about substance use disorder in the Greater Nashua Region please read [Chapter 8 of the 2014 Community Health Assessment](#).

The Greater Nashua Public Health Network acknowledges the severity of heroin addiction and its impact on the community and its resources. There is no simple solution to the heroin problem as it is a multi-faceted problem. As such, the solution must also be multi-faceted, involving prevention, early intervention, treatment and recovery supports. The solution doesn't only involve services, it needs to include all sectors of our community from education to safety to the business sector; everyone needs to be involved to alleviate the heroin problem. To this end, the Greater Nashua Public Health Network will be

hosting forums where heroin is the topic of discussion. These forums will be open to the public and will be held across the region. The first forum will take place in Hudson, NH. Information will be made available once the forums locations and dates are set.



Strategic Planning

Three years ago a strategic plan for substance misuse and prevention was developed by regional stakeholders that has led Substance Misuse prevention initiatives for the past three years. It is now time to develop a new plan to guide the next three years of work. On January 22nd 2015 regional



stakeholders from diverse community sectors came together to review regional substance use disorder data that was collected for the 2014 Community Health Assessment. Following the review of the data, the attendees discussed what the priorities for the region should be. The substances selected by the stakeholders were alcohol, marijuana and opiates. There will be a second strategic planning session where community stakeholders will select strategies the region will work on to achieve a reduction in use of the selected substances. These strategies will be targeted to specific substances so they may have the greatest impact. The goal for the strategic plan is that stakeholders not only collaborate to develop it, but also take part in the implementation on the plan. We look forward to developing a substance targeted plan that is robust enough to reach different sectors of the community.

Healthy Homes

As the weather continues to remain in the low and negative digits, many of us are looking at alternative heating sources. However, while these are good options, care must be taken to insure your safety. Home fires occur more in the winter than in any other season.

While portable heaters and wood burning stoves are good sources of heat, they also come with the danger of fire. Heating equipment is to blame for one in every six

house fires and one in five of every home fire fatalities (FEMA.gov).

Be sure to schedule a time to routinely check your fire alarms and CO detectors. They should have active batteries and work properly. Fire alarms should be on each level of the home and in the hall outside of each bedroom.

Remember, fires spread quickly and smoke inhalation is the number one cause of fire-related deaths.

Stay Warm AND Safe!

When using a portable heater, always make sure you read the directions beforehand.

Always have them at least three feet away from all flammable materials.

Plug only one heat-producing appliance into an electrical outlet at a time.



Nashua Celebrates National Public Health Week 2015!

Healthiest Nation 2030

April 6-12, 2015

For the sixth year, Nashua will come together to celebrate National Public Health Week (NPHW).

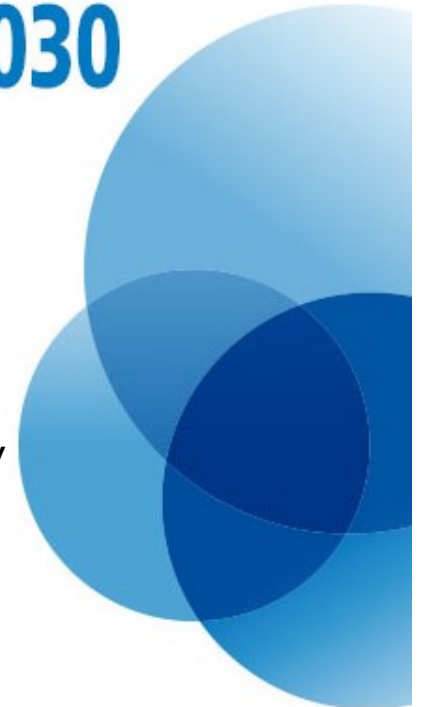
This year, we hope to continue our tradition of engaging with individuals, families, and organizations to celebrate how our community works together to ensure that everyone has the best opportunity to live a long and healthy life.

We hope you will join us as we celebrate NPHW 2015! To learn more, click [HERE!](#)

If you or your organization is interested in participating, let us know!

Please email or call Melissa Schoemmell by February 11th at:

schoemmellm@nashuanh.gov - 603.589.4543



Upcoming Events

February

2/20, 8:30 – 2pm: Point of Dispensing/Strategic National Stockpile Workshop at Rivier University – Link to Register: <https://www.surveymonkey.com/r/SNSTraining2015>

2/27, 2 – 5pm: Training and Exercise Planning Workshop at The Division of Public Health and Community Services – Link to Register: <https://www.surveymonkey.com/r/2015TEPW>

March

3/17, 4 – 6pm: Community Health Outreach at SHARE Inc. in Milford

3/27, 12 – 1pm: Presentation “Prevention of Mosquito Caused Illnesses” at Merrimack Town Hall

April

4/6 – 4/12: National Public Health Week! Stay tuned for events all week!

4/8, 4 – 7pm: New Hampshire Public Health Association’s Annual Meeting at McAuliffe-Shepard Discovery Center, Concord

4/9, 8 – 1:30pm: Disaster Epidemiology Workshop at Rivier University

4/21, 4-6pm: Community Health Outreach at SHARE Inc. in Milford

4/24, 12-1pm: Presentation “Lead Safety for Parents and Caregivers” at Merrimack Town Hall

May

5/28, 8:30-3pm: Greater Nashua Public Health Annual Meeting

Contact Melissa Schoemmell at schoemmellm@nashuanh.gov for more information on these upcoming events or to promote your upcoming health and safety events here!

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